Stay Alive Longer!

Vegetarianism A Vicious Fad —Beware of It

By LELORD KORDEL

A good look at Dave was evidence that he had gone overboard on some diet fad. His posture droop showed extreme lassitude, and his body was soft and flabby. Loss of tissue had lined his once cherubic face. His muscles sagged, and his whole appearance was one of weakness and dejection.

"My friend Joe," Dave said, "is a vegetarian. He got me started on it. For months I ate nothing but vegetables."

"Vegetarianism is a vicious fad," I said, "which is responsible for malnutrition, anemia, and countless borderline deficiences which gradually build up into major disorders. You should have known better."

"Joe told me," said Dave, "that I'd lose weight, and feel better than I ever had."

"Everybody should be taught," I said, "that protein is the food of life."

"The food of life," said Dave. "And me trying to exist on vegetables!"

"Vegetables," I said, "fill a definite need in your diet as sources of vitamins, minerals, and regulatory substances which you must have. It's simply foolhardy to try to exist on vegetables alone. You must have protein to live—and to make life. Protein is your key to success both in living and in loving. It's the essential ingredient that makes you a doer, a creator, and a man!"

Coined from Greek

The word "protein" was coined in 1828 from the Greek. It means "to come first." This substance is so necessary for the function and the replacement of the body's cells that we must feed our bodies protein first, last, and always.

Unlike fat, protein cannot be stored in the body. All the protein that your body can get is used for its work twenty-four hours a day. The body needs protein constantly as a tissue builder. The more protein you give your body to work with, the better the quality of its repairs.

Severe cases of protein hunger result in edema, or waterlogging of the tissues. They also make up the materials used by the endocrine glands in the manufacture of hormones. Hormones are secreted by these glands. These hormones are chemical messengers which control your internal activities — and even your personalities.

The hemoglobin of the blood, the red coloring matter of the red corpuscles, is largely protein. Sufficient proteins have to be present in the blood for it to clot readily.

Protein is essential for the growth of antibodies in the blood—our defence against bacteria and toxins.

"The National Research Council says that children must get 100 grams of protein a day," I told Dave, "and adults 70 grams, if they're not to suffer from some kind of deficiency disease. But in your case, since you've been deprived of complete proteins on your vegetable diet, I recommend at least 100 grams a day."

How Can I Know

"How can I know," asked Dave, "the amount of protein I'm getting in the food I eat, that it adds up to that 100 grams?"

"Roughly speaking, a pound of meat and a half cup of cottage cheese will furnish 100 grams of protein. I'll give you a list of first-class protein food," I said, "with the amount of protein each contains."

(The list I made out for Dave will be found in my "Better-Eating Plan" booklet which readers may have free — by sending a stamped self-addressed envelope to Lelord Kordel, care of this newspaper. This booklet will be of special value for the 60 to 80 per cent of the people who get far too little protein in their diets).

Fifty years ago rickets of the most severe type were common in our cities. Today this deforming childhood disease is rare.

During the past 40 years beriberi and pellagra have been found to be preventable. In hospitals and clinics the vitamin story is so well known that people under medical supervision no longer sicken and die because of a lack of them.

But how well does the average man know the vitamin story? Not nearly well enough.

Food to Work On

"Vitamins," I told Dave, "are accessory food substances. They're necessary for the metabolism of food and for the performance of important body functions. But they aren't of value unless there's food to work on. They can't be substituted for complete protein foods."

"Well, said Dave, "I didn't know anything about protein. Now it looks as though I was pretty confused about vitamins, too."

"A lot of people are," I said. "And much of that confusion is caused by failure to understand the basic nature of vitamins as essential nutrients. Remember, vitamins do not produce energy or body tissues. However, you can't manufacture either energy or tissue in your body without them. They are the catalysts which change the foods you eat into the materials to sustain your body."

"And right now," commented Dave, "my body could sure use some sustaining."

"You should take a reliable vitamin-mineral supplement." I said. "If we could get our foods fresh daily from a farm where they were grown in good, mineral-rich soil, we could rely on them for all our vitamin requirements. But most food suffers losses of important dietary essentials through premature harvesting, long storage, processing, kitchen preparation, and cooking."

"So I should eat lots of protein," said Dave, "especially meat. And take a vitamin-and-mineral supplement. Do you think all this will help me."

"That's like asking," I said, "if John L. Lewis has eyebrows! You'll find strength and vigor. And you'll never again be content to lead a subnormal dejected, defeated life behind a hidden-hunger curtain!"

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Tomorrow: Trade Neglect for Know-How—and lengthen your life instead of shortening it. Conclusion of this series.

Scrambled Eggs In the Shell!

ARKANSAS CITY (AP) — The day may come when you can buy eggs scrambled in the shell or frozen french toast.

Those possibilities were advanced by R. M. Hendrickson who spoke before the Institute of American Poultry Industries.

He said there are two big reasons people do not eat as many eggs as they should.

"Eggs are inconvenient and the don't offer variety."

"We must think of new ways to merchandise them. Some of the ideas that now sound impractical will become feasible if we can learn to irradiate eggs successfully on a commercial scale."

His suggestions included egg-fortified cereals, egg-flavored concentrates, and processed semi-solid egg bars.

On Way Home to Victoria

Countess de la Feld arrived at Saint John, N.B., from Liverpool last week after a trip to Ireland to visit her children. She is returning to Victoria, her home for five years, where she will live at the Empress Hotel.—(Canadian Pacific photo)

Old, Rich Enough

CAIRO, Egypt (WNS)—Hafez Moustafa, who has lived 100 years as a dockworker, waiter and beggar in Cairo, has inherited $80,000 from a Turkish relative he never met. "At last," he enthused, "I can realize the dream of my lifetime. I believe I have enough money to take a wife."

Clubs and Societies

Rummage Sale Nets $53

The WA to the Langford Firemen's Association held a successful rummage sale in the firehall recently and realized the sum of $53.60. There was also a home-cooking stall and coffee was served.

In charge of sections were: rummage, Mrs. Joan Wade, Mrs. June Stearns, Mrs. Alberta Dale; home-cooking, Mrs. Clara LeQuesne, Mrs. Bessie Law and Mrs. Bunty Hincks; coffee, Mrs. Marge Willis, Mrs. Belle Gordon and Mrs. Kay Cameron.

The WA has changed the meeting night to the second Tuesday in the month in the firehall at 8 p.m. Next meeting will be on March 10.

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Ladies' Aid

The Ladies Aid Society to the Gorge Presbyterian Church will hold a pot luck luncheon on Tuesday at 12.30 p.m. in the church hall, Tillicum Road and Walter Street. The regular meeting will be held on Tuesday, March 3 at 2 p.m.

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Daughters

Canadian Daughters League Assembly No. 5 will hold its 35th anniversary party on Monday at Newstead Hall at 8 p.m. Former members are invited to attend.

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Pro Patria

The LA to Pro Patria Branch No. 31 will hold a birthday party on Tuesday, March 3 at 7 p.m. in the club rooms.

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St. Mary's

St. Mary's Oak Bay, Men's Guild meets in the parish hall, Yale St., on Thursday at 8 p.m. Guest speaker Dr. R. M. Petrie of the Dominion Astrophysical Observatory at Saanichton will give an illustrated talk on "Artificial Satellites."

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St. John's

St. John's Afternoon branch of the WA will meet on Tuesday at 2 p.m. Miss Campbell of the Rainbow Christian Fellowship will speak on "Teenage Girls."

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Lady Laurier

A luncheon meeting of the Lady Laurier Club of Oak Bay will be held on Friday at 12.30 p.m. at the Oak Bay Beach Hotel. Guest speakers will be Mr. R. J. Perrault, Provincial Organizer. Members will have the opportunity of meeting Mr. Perrault before the luncheon from 12 noon to 12.30.

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